



Beginning Bridges CFCE

Working Together To Strengthen Families

9 N. Main St./Lower Left Office/ Uxbridge

Coordinated Family & Community Engagement (CFCE)
for Mendon, Northbridge, Upton & Uxbridge

FALL 2023 • ISSUE 26

Connection Before Correction

Dr Daniel Siegel, a renowned psychiatrist and author who specializes in child development and neuroscience, has popularized the phrase **"Connection before Correction."** The rationale behind this phrase is that is imperative to have a strong connection with children BEFORE we try to correct or teach. Parents can do this by kneeling to their child's level and validating their feelings before offering gentle, yet firm, guidance or boundaries.

That could sound like, "I can see that you really want to play with that toy, it's really fun! And, we have to ask first. Let's try again."

Or, "Oh, pal (Big Hug). I see toys that need to be put away. Do you need help or can you handle it alone?". Or, "I hear that you would like ice cream before dinner, I love you, and the answer is no." Or, "I see you are frustrated, would you like a hug?"

Loving questions may help to generate child driven solutions to navigate the myriad of developing emotions young children experience.

Author L.R. Knost's quote, **"When little people are overwhelmed by big emotions, it's our job to share our calm, not join their chaos."**, is a helpful reminder to calmly connect with children as we nurture their social- emotional development.

Looking forward to connecting through upcoming Playgroups!

Best,
Emily Murray, CFCE Coordinator

In This Issue:

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FALL 2023 PROGRAM
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RESOURCES FOR
FAMILIES
AND COMMUNITY
PARTNERS

Contact Us

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WEBSITE



The Coordinated Family & Community Engagement Grant (CFCE) is funded by the Department of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC) Childcare/Head Start



Please refrain from cell phone use at Playgroups

Children learn things like social cues, how to regulate emotions, and how to have conversations by watching and copying their parents. When children feel ignored, they often act out to get their parent's attention.

Psychologist Catherine Steiner-Adair, in her book, ***The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age***, writes that parents who ignore their children in favor of devices are telling them *"they don't matter, that they're children are not interesting to them, they're not as compelling as anybody, anything, any ping that may interrupt their time with them."*



"Useful strategies to foster more intentionality in our cell phone practices are":

- Limit your use of your cell phone and devices to just 10 percent during the time you are with your child. You can dash off a quick text if it is important, but for the most part – put the phone away
- Keep bedrooms, mealtimes, and parent-child play times screen free for children and parents.
- Use phone apps to remind you when it's time to stop using the phone.
- Turn off the majority of your notifications.
- Delete or limit your social media apps.
- Stop using your phone as an alarm clock because it's too easy to get caught up in checking for updates from friends, scanning texts, and reading emails if you pick up the phone to turn off the alarm.

The Hidden Benefits of Hide & Seek

"Have you ever thought about the hidden benefits of playing hide and seek? This timeless game cultivates problem-solving, critical thinking and creativity as children strategically select hiding spots and exercise impulse control to evade detection. Additionally, it nurtures quick decision-making and resourcefulness, teaching children to think and act swiftly when faced with pressure.

Beyond its cognitive advantages, hide and seek enriches social skills and emotional growth. John Spears, in an article on The Adventurous Child, states, "The game of hide and seek helps children to develop empathy and understanding of others. It fosters friendship and promotes positive social interactions between players. Through engaging in this game, children learn the importance of being respectful, patient, and considerate towards others."

Moreover, hide and seek provides physical exercise and sensory experiences crucial for a child's healthy development. In an era dominated by screens and digital engagement, the act of running, hiding, and engaging with the environment offers unique sensory play encounters that contribute to overall well-being."

Excerpt from ExchangeEveryDay

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Working Together To Strengthen Families

Open House

- Do you have a child(ren) birth to 4 years of age?
- Curious about PLAYGROUPS and resources in our community?
- Would you like to learn more about your child's development?
- Interested in making new friends?
- Would you like to foster your child's growth and development in fun playful ways so they are prepared to start school?

Tuesday, 8/22/23 from 9 am to 11 am

- Meet playgroup facilitators
- Introduce your children to the Uxbridge Playcenter
- Register for Fall playgroups
- Ask questions about participation

Uxbridge Playcenter

9 N. Main St, Lower Left Office, Uxbridge

To register, click on link below:

<https://www.signupgenius.com/go/20F0A4BAAA72EA3FF2-open1>



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SIGN UP

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Parent Child Playgroups

**Fall 2023 Beginning Bridges CFCE Playgroup Registration:
open until 10 am on 8/28/23**

Playgroups provide FUN, developmentally appropriate opportunities for children to learn through play. Weekly groups take place at various locations and are created with different age children in mind, based on the location of the group. Use the sign up link to register. Please read each group description carefully and sign up for the group which is age appropriate for your child.

Please bring a snack and water each week!



SIGN UP



Music and Movement with Deb Hudgins

Tuesdays 9:30-10:00 am
Upton Town Library.

Wednesdays 10:30 - 11:00am
Whitinsville Social Library

2023	2024
Sept. 5	Jan. 9
Oct. 10	Feb. 6
Nov. 14	March 5
Dec. 12	April 9

2023	2024
Sept. 13	Jan. 17
Oct. 18	Feb. 14
Nov. 22	March 13
Dec. 20	April 17

Register online at the Library websites

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Beginning Bridges CFCE and
Taft Public Library invite you to:



Coffee and Conversations

Dates: **Wednesdays: 9/13, 10/4, 11/1, 12/6, 1/3/24**

Time: **9:15 to 10:15 am**

Location: **Taft Public Library, 29 North Ave., Mendon**

Join us for an informal playtime where families will be able to build social connections, learn about early childhood development and family friendly resources. Taft will supply Muffin House Muffins!



Please stay for the 10:30 am
Puppet Storytime

Join **Newton & Friends of Through Me to You Puppetry** for songs & stories. At the end of the 30-minute show, children can greet the puppets. Geared for children 2 to 5 years, but all are welcome!

Register at the link below:

<http://www.eventkeeper.com/mars/xpages/t/taft/ek.cfm>

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SIGN UP

Beginning Bridges CFCE

in partnership with

Upton Town Library

present:



Wednesday Morning Playgroup at the Upton Community Center



Join us in a playful exploration of early childhood literature, sensory driven activities and art. Intentional play opportunities will nurture peer relationships and social emotional intelligence.

Created for children 2.9 to 5 years

Wednesdays, 9/20 to 12/20/23 - 9:30 to 11:00AM

At Upton Town Library, 9 Milford Street in Upton

Please bring weather appropriate outerwear –
Playgroup will be dismissed from the fabulous new
playground – after we have fun playing outside!

Register at the link below:

<https://forms.gle/UkuLJj5bd3th3UsKA>

**Please bring your own snack and water
each week.**



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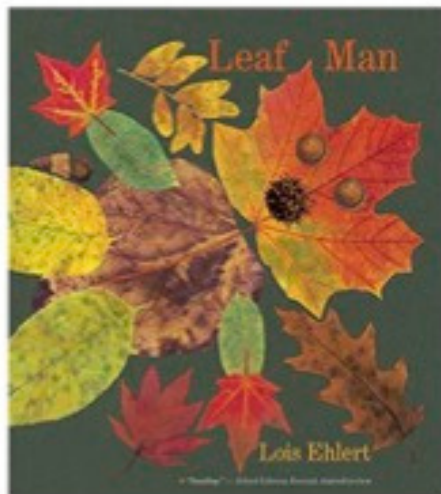
in partnership with

TAFT PUBLIC LIBRARY

present:



Awesome Autumn



Join us in a playful exploration of early childhood literature, sensory driven activities and art. Intentional play opportunities will nurture peer relationships and social emotional intelligence.

Created for children 2.9 to 5 years

Thursdays, 9/28/23 to 11/16/23 at 9 to 10:30 am

At Taft Public Library, 29 North Ave in Mendon

Register after 8/22/23
at the link below:

<http://www.eventkeeper.com/mars/xpages/t/taft/ek.cfm>

Please bring your own snack.



Funded in part by a Coordinated Family & Community Engagement Grant (CFCE) through the MA Dept. of Early Education and Care (EEC) and sponsored by South Middlesex Opportunity Council (SMOC/Childcare-Head Start)



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Calling all babies from birth to 12 months old for:

Lap Babies

This is a time for caregivers and **Infants not yet walking** to circle up and enjoy singing, finger plays, tummy time and reading. New parents will have opportunities to connect in a relaxed environment and time dedicated to discussion topics of interest to you!



Wednesdays

Oct. 4 - Nov 15, 2023

10:30 to 11:45 am

at **the Uxbridge Playcenter**
9 N. Main St. (Rear of 1 N. Main St.)
Uxbridge

Questions? Contact Emily at
508-278-5110 or Emurray@smoc.org



Register at the link below:

<https://forms.gle/H2cRHDVK8Qn2fvVc6>



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Is Your Child Good to Grow?

As a parent you want to give your child the best start in life by making sure their development is on track.
Available for children 1 month to 60 months.

Fill out a FREE ASQ questionnaire online!
Or contact Emily at Emurray@smoc.org



[READ MORE](#)

MASS 211



In 2006 the Council of Massachusetts United Ways created Mass2-1-1, a statewide, FREE, CONFIDENTIAL and MULTILINGUAL information and referral hotline available 24/7, 365 days a year for the people of the Commonwealth.

Dial 2-1-1 or search online.

[READ MORE](#)

Blackstone Valley Resource App

Created by Northbridge Coalition & Blackstone Valley Connector (LSH)

Community Supports, Services, & Online Resources for the Blackstone Valley area (MA)



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Helping Hands

Many families ask how can they help? Hence, we have created a list of items which we use in Playgroups for families to donate. Donations are OPTIONAL and very much appreciated! Typical items include:

- * Paper products – baby wipes, napkins, plates and paper towels
- * Art Supplies - collage materials
- * Extra Supplies – copier paper, 1/2 gallon of water, trash bags
- * Toys or books for the Playcenter.

Our Amazon wish list is linked below:

[DONATE](#)



Early Childhood Council



Do you have an interest in the well being of young children?

Do you work with young families?

Our Council brings the community together to share knowledge and resources, build expertise and work collaboratively to ensure that all young children in our communities have the care, support and opportunities necessary to grow, learn and succeed. Please join us!

We would love for new parents to join our organization!

Contact Emily at 508-278-5110

FY24 Virtual Meeting Schedule

TBD - please follow link to survey to plan best times for meetings: <https://forms.gle/LSus5Uohe4EvGFNN6>

Have you seen our website?

[HTTP://BEGINNINGBRIDGESCFCE.WEEBLY.COM](http://beginningbridgescfce.weebly.com)

Feel free to share!

It is loaded with lots of information and community resources. We have a directory of pre-recorded video stories, songs, fingerplays and art projects for you to use at home!



[GO TO WEBSITE](#)



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